



MOUNT VERNON ATHLETIC CLUB SPRING 2010

Adult Tennis Clinics

Spring Session 2010 (8 Week Session)

Tim Bainton, Tennis Director

Program starts Monday, March 1st and lasts through Sunday, April 25th

Payment must be received by Monday February 22 to guarantee a spot in the clinics

**Member Discounts only apply for Tennis members. Fitness Members may receive the member rate for Quick Start and Beginner Classes.*

Adult Beginner

Players with little or no exposure to tennis will be introduced to proper grips, basic swing motion for all strokes, rules, scoring and court etiquette.



This is a new group activity featuring drills to give players of all abilities an ultimate high energy workout. Cardio Tennis includes warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis! Must be at an intermediate level

		<u>Member*</u>	<u>Non-Member</u>
Wednesday	7:00-8:00pm	\$140	\$176
Saturday	9:00-10:00am	\$140	\$176
Sunday	12:00-1:00pm	\$140	\$176

Adult Intermediate

A combination of dead and live ball drills are used in this class to work on consistency, accuracy, and strategy.

		<u>Member*</u>	<u>Non-Member</u>
Friday	9:00-10:00am	\$140	\$176
Saturday	10:00-11:00am	\$140	\$176

		<u>Member*</u>	<u>Non-Member</u>
Wednesday	8:00-9:00pm	\$140	\$176
Friday	10:00-11:00am	\$140	\$176
Sunday	1:00-2:00pm	\$140	\$176

FREE STROKE OF THE WEEK FOR TENNIS MEMBERS

Wednesdays 9:00-10:00 am

Fridays 6:00-7:00 pm

Please sign up through our on-line reservation system

Contact Information:

Name: _____ DOB: _____ Member? Yes No

Home Phone #: _____ Other Phone #: _____

E-mail: _____

Address: _____ City _____ State _____ Zip _____

Signature _____ Date _____

Withdrawal Policy: Full payment for each session must accompany this form. Withdrawals must be received prior to the start of the session and are subject to a \$25 service charge. **Refunds will not be issued for any reasons. Refunds will not be given for missed classes.** It is understood that the student is in overall good health condition. With this registration, it is agreed to hold MTVAC and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the MTVAC's activities. All guests, including parents of children in clinics, must sign in at the front desk prior to entering. Equipment in the fitness area is for Members Only and cannot be used by visitors. Children under the age of 12 must be accompanied by an adult or they must stay in the child care room.

Clinic: _____ Dates: _____